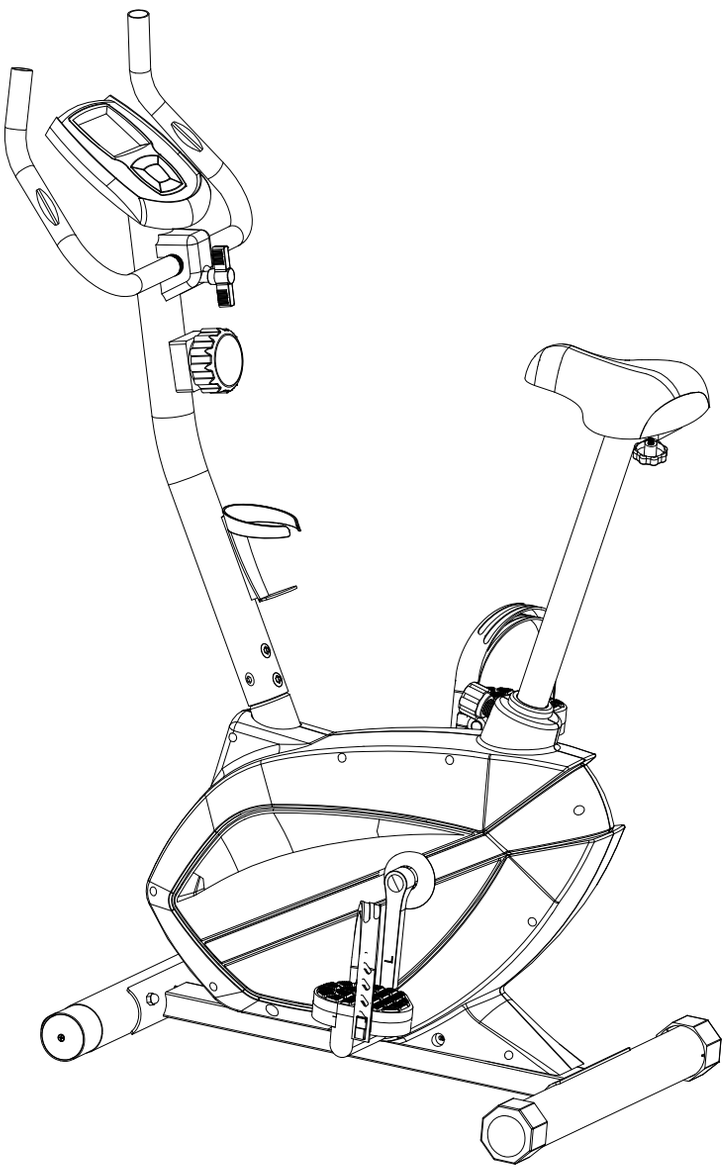
BODYWORX

Manual
Mag Bike

Model No:
AB170M



Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual

Version A

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IMPORTANT SAFETY PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. The max. user capacity is 110 KGS.

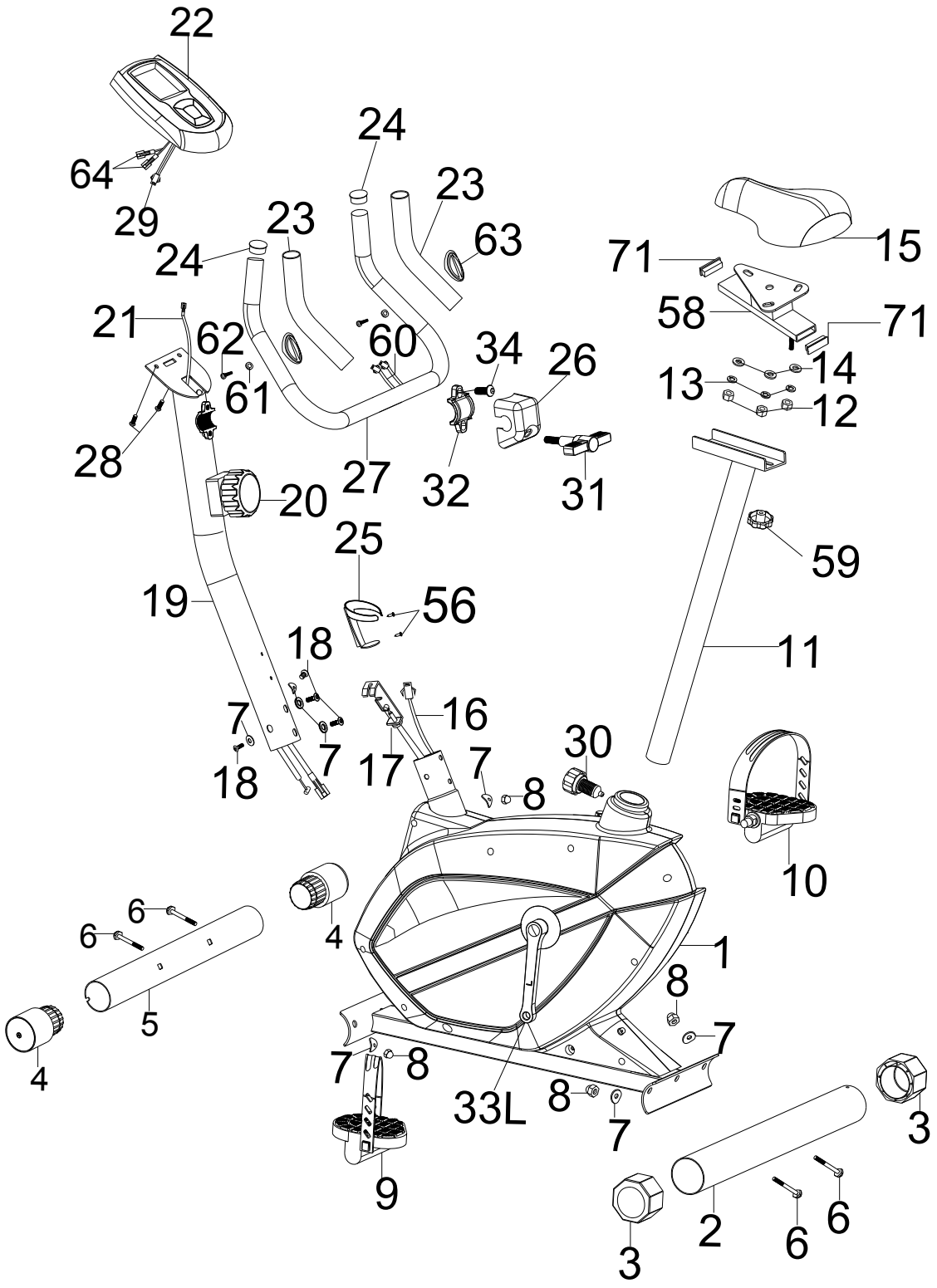
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.

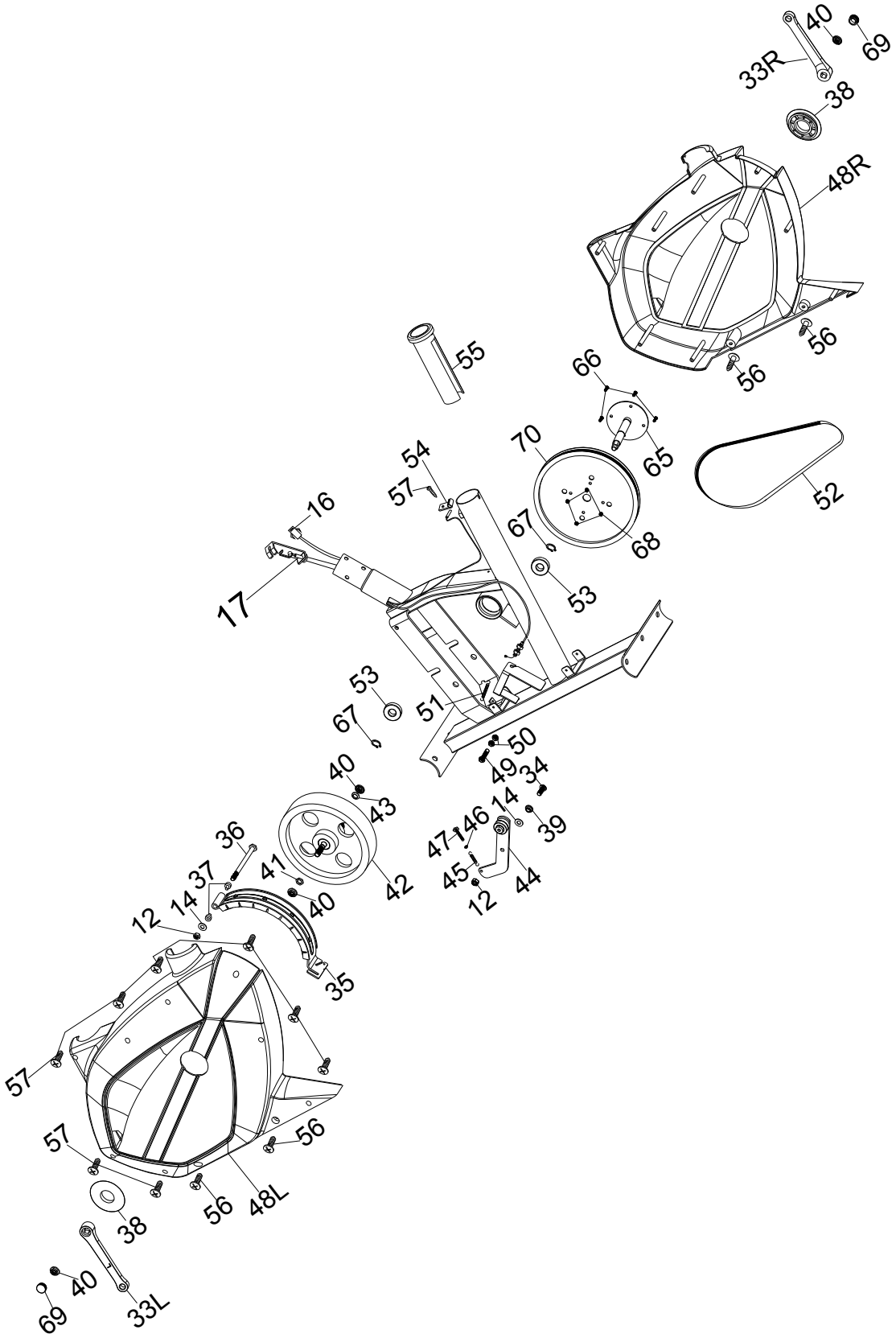
SAVE THESE INSTRUCTIONS.

PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Main Frame	1	37	Bushing	2
2	Rear Stabiliser	1	38	End Cap for Chain Cover	2
3	End Cap For Rear Stabiliser	2	39	Metal Bushing	1
4	End Cap For Front Stabiliser	2	40	France Nut	4
5	Front Stabiliser	1	41	Hex Head Nut	1
6	Carriage Bolt M8*60	4	42	Flywheel	1
7	Curve Washer Φ8*Φ20	8	43	Taper Type Metal Bushing	1
8	Domed Nut M8	4	44	Ideal Wheel	1
9	Left Pedal	1	45	Spring	1
10	Right Pedal	1	46	Hex Head Nut M8	1
11	Seat Post	1	47	Hex Head Screw M8*45	1
12	Nylon Nut M8	5	48L	Chain Cover L	1
13	Spring Washer Φ8	3	48R	Chain Cover R	1
14	Flat Washer Φ8*Φ17	5	49	Hex Head Bolt M6*25	1
15	Seat	1	50	Hex Head Nut M6	2
16	Sensor Wire	1	51	Spring	1
17	Lower Tension Cable	1	52	Belt	1
18	Allen Bolt M8*16	4	53	Bearing	2
19	Front Post	1	54	Sensor Bracket	1
20	Tension Knob w/Upper Tension Cable	1	55	Seat Post Bushing	1
21	Extention Sensor Wire	1	56	Self-tapping Screw ST5*15	6
22	Computer	1	57	Self-tapping Screw ST5*15	9
23	Foam Grip for Handlebar	2	58	Sliding Tube	1
24	End Cap for Handlebar	1	59	Lock Knob	1
25	Bottle Holder	1	60	Hand Pulse Wire	2
26	Cover for Clamp	1	61	Washer Φ4*Φ12	2
27	Handlebar	1	62	Self-tapping Screw ST4*25	2
28	Screw M5*10	2	63	Hand Pulse Sensor	2
29	Upper Sensor Wire	1	64	Upper Pulse Wire	2
30	Quick Release Knob	1	65	Axle for Flywheel	1
31	T-type Knob	1	66	Screw M6*15	4
32	Clamp	1	67	C-clip Φ17	2
33L	Crank Arm L	1	68	Nylon Nut M6	4
33R	Crank Arm R	1	69	End Cap for Crank Arm	2
34	Allen Screw M8*20	2	70	Pulley	1
35	Magnet Assembly	1	71	End Cap for Sliding Tube	2
36	Hex Head Bolt M8*105	1			

EXPLODED DIAGRAM

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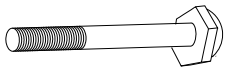
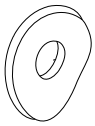
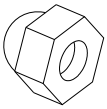
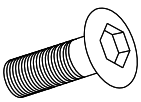
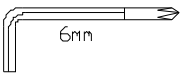
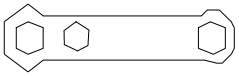
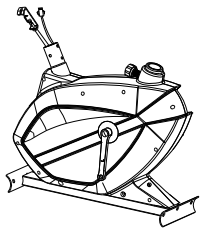
HARDWARE PARTS LIST

No.	Description	Q'ty	Drawing
6	Carriage Bolt M8*60	4	
7	Curve Washer Φ8*Φ20	8	
8	Domed Nut M8	4	
18	Allen Bolt M8*16	4	
26	Cover For Clamp	1	
31	T-type Knob	1	
	Allen key 6mm	1	
	Box Wrench	1	

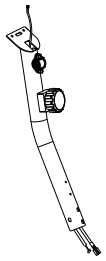
The above described parts are all the parts you need to assemble this machine.

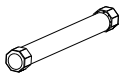
Before you start assembly, please check the hardware packing to make sure they are included.

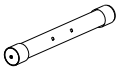
PRE-ASSEMBLY CHECK LIST


NO.1

NO.27


NO.19


NO.2


NO.5

NO.11

NO.15

NO.22

NO.9

NO.10

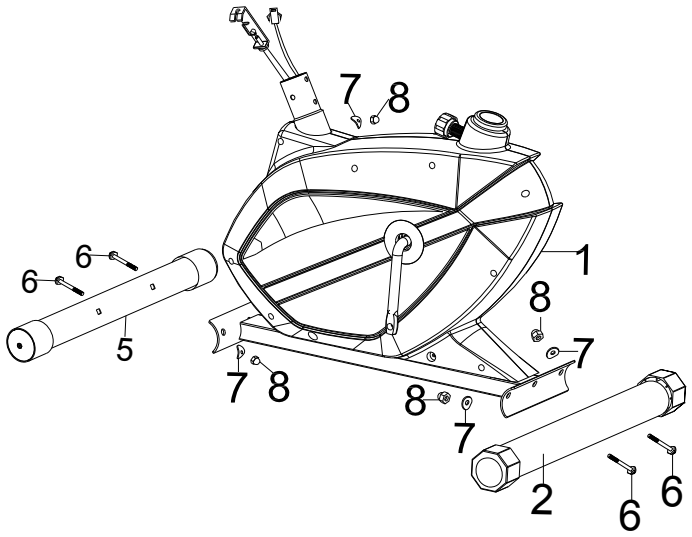
NO.25

PART NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2	Rear Stabilizer	1
5	Front Stabilizer	1
9	Left Pedal	1
10	Right Pedal	1
11	Seat Post	1
15	Seat	1
19	Front Post	1
22	Computer	1
25	Bottle Holder	1
27	Handlebar	1
	User Manual	1
	Hardware Pack	1

ASSEMBLY INSTRUCTION

STEP 1

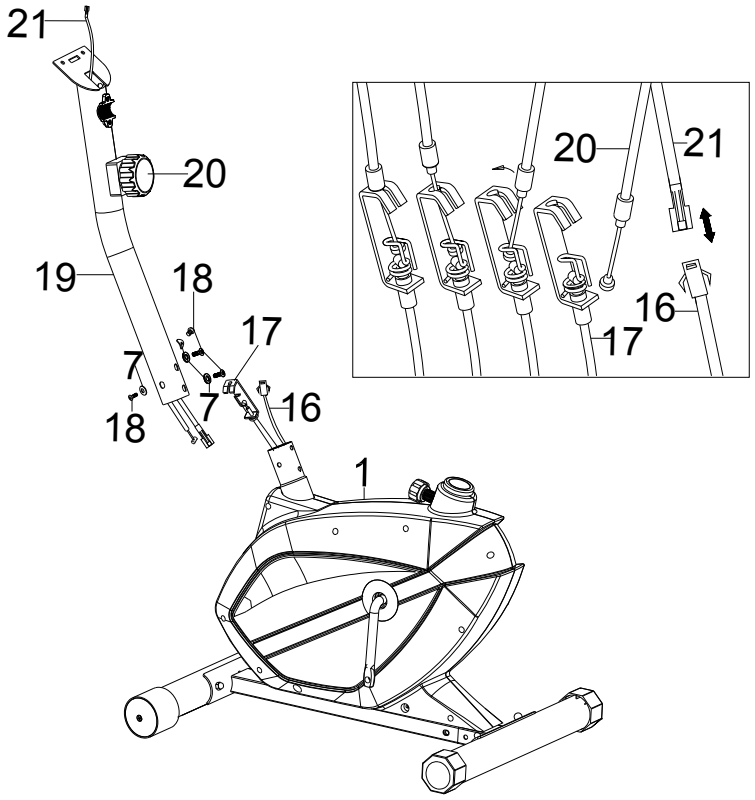
- Attach front stabilizer (5) to main frame (1), tighten with 2 sets of carriage bolt (6), curved washer (7) and domed nut (8).
- Attach rear stabilizer (2) to main frame (1), tighten with 2 sets of carriage bolt (6), curved washer (7) and domed nut (8).



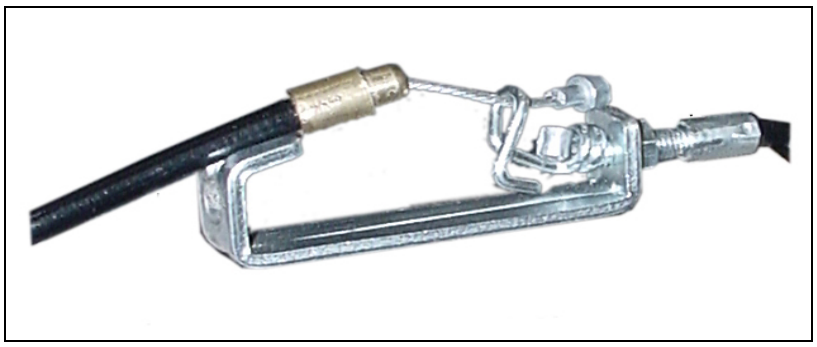
STEP 2

Take front post (19) and connect extension sensor wire (21) with sensor wire (16).

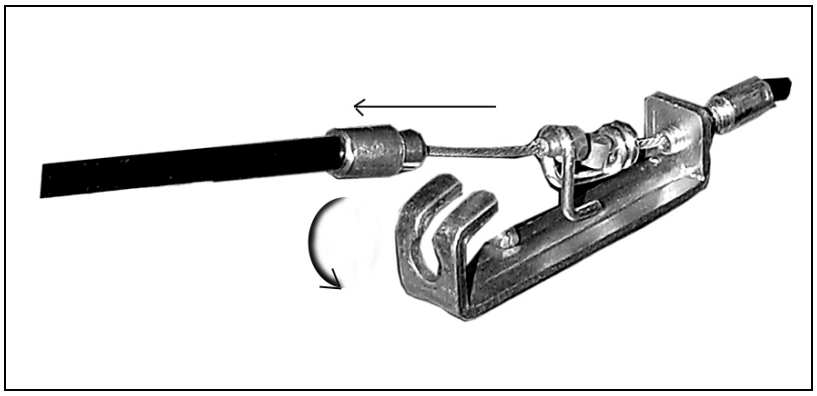
Turn tension knob (20) to level 8, connect it with the lower tension cable (17). Insert front post (19) into main frame (1) and tighten with 4 sets of allen bolts (18) and curved washer (7).



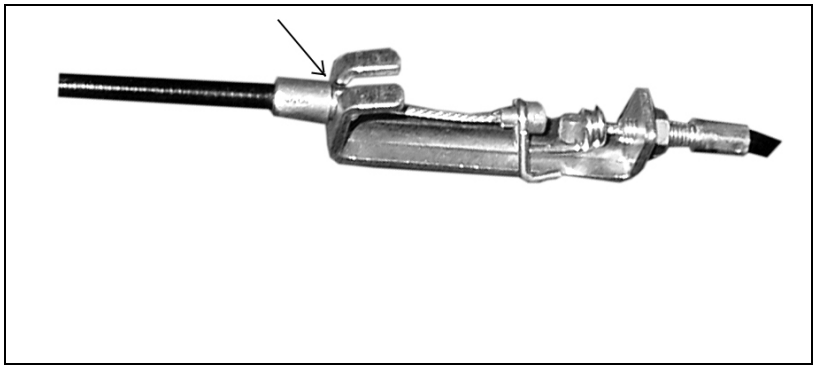
HOW TO CONNECT TENSION CONNECTOR



Slide the Cable wire from the Upper Tension Connector in between the opening on the wire holder on the Lower Tension Connector.



Pull the Upper Tension Connector backward and slide the wire through the slot on the bracket.

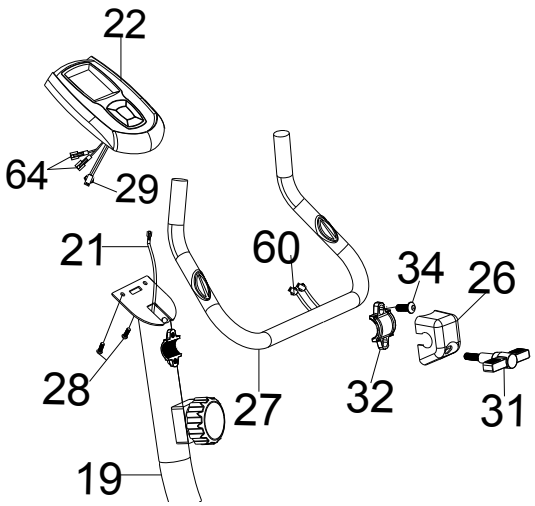


Drop down the Connector so the fitting sits firmly on top of the bracket.

NOTE: In able to hold the Front Post while connecting the cables and wires，extra help may be needed.

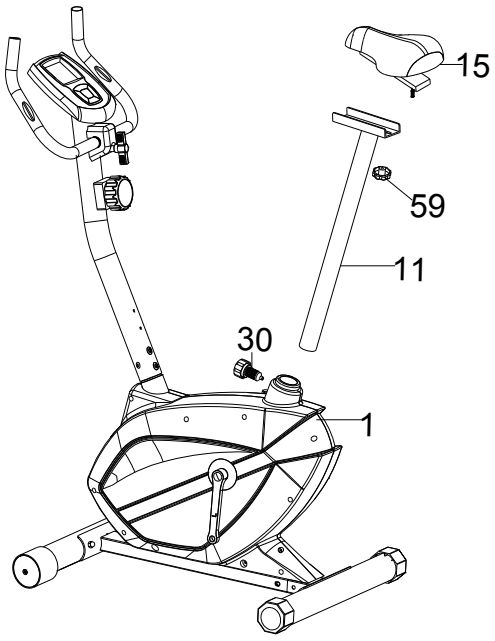
STEP 3

- Remove the clamp (32) and allen screw (34) from front post (19), Attach handlebar (27) to front post (19) and tighten with clamp (32) , allen screw (34), cover for clamp (26) and T-type knob (31).
- Through the hand pulse wires (60) from the small hole on front post and pull out from the top bracket. Then connect it to the upper pulse wires (64). Connect the extension sensor wire (21) to the upper sensor wire (29).
- Attach computer (22) onto the bracket of front post (19), tighten with two screws (28) which are pre-assembled on the back of computer.



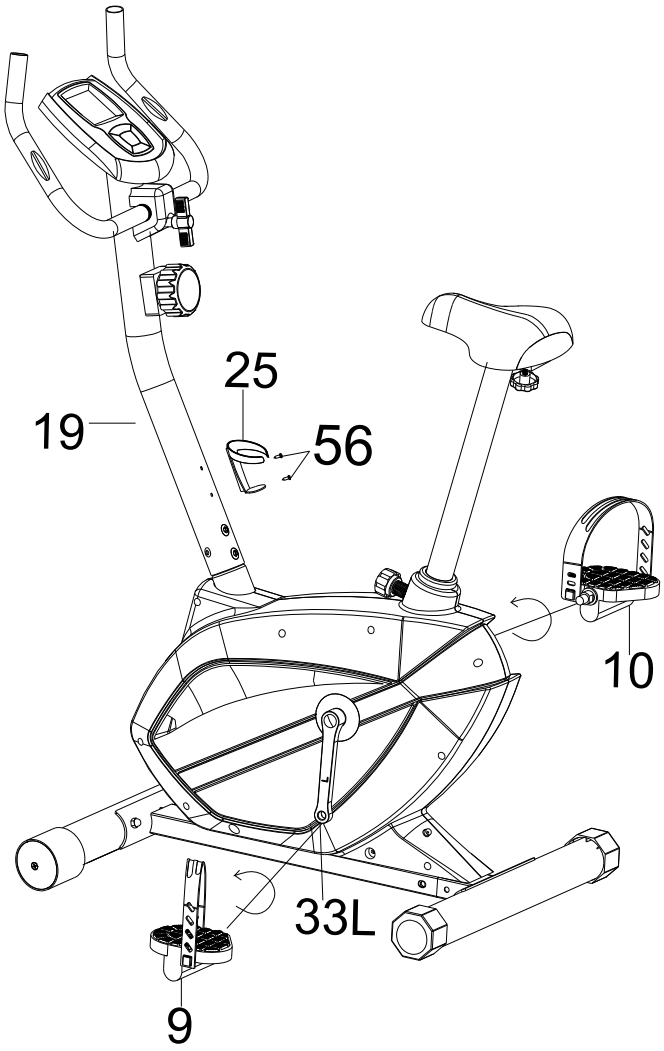
STEP 4

- Slide the seat (15) onto seat post (11), tighten with lock knob (59) which is pre-assembled on the back of seat.
- Remove the quick release knob (30) from the main frame. Insert seat post (11) onto main frame (1). Line up the holes and secure seat in position with quick release knob (30). The correct height for seat can be adjusted after the bike is fully assembled.



STEP 5

- The left and right pedal (9) & (10) are marked "L" and "R". Connect them to their appropriate crank arm (33L). The right pedal is on the right hand side of the cycle as you sit on it. Note that the right pedal should be threaded on clockwise and the left pedal on counter-clockwise.
- Attach the bottle holder (25) to the front post (19). Secure using by two screws (56).



CHECK ALL BOLTS AND NUTS ARE TIGHTENED BEFORE USING THE MACHINE

COMPUTER INSTRUCTIONS

FUNCTION BUTTONS

MODE

1. Press the button to select TIME, DISTANCE and CAL to preset.
2. Press the button for selection function display value on LCD, or enter after setting.
3. Press the button and hold for 2 seconds to reset all value except Odometer to be zero. (When the user replace batteries, all the values will reset to ZERO automatically.)

SET

1. To set up the target value of TIME, DISTANCE and CAL
2. Press the button and hold for 2 seconds to speed up the increment.

RESET

1. Press the button to reset function value when setting.
2. Press the button and hold for 2 seconds to reset all value except Odometer to be zero. (When the user replace batteries, all the values will reset to ZERO automatically.)

FUNCTIONS & OPERATIONS

1. **Batteries Installation**
   Please install 2 pieces of AA 1.5V batteries in the battery case on the back of monitor. (Whenever Batteries are removed, all the functions values will be reset to zero.)

2. **Auto On/Off**
   While the user starts to do exercise, the display will show out the workout value automatically. Once exercise halts for over 256 seconds, the display will turn off. However, the workout value of odometer will be held. While the user starts to exercise again, the workout value of odometer will continue from the previous displayed value and accumulate continuously.

3. **Auto Scan**
   After the monitor is powered on or the Mode key is pressed, the LCD will display all functions values from Time-Calories-Odometer- Pulse- Speed- Distance. Each value will be held for 6 seconds.

4. Speed

Display the current training speed from 0.0 to 99.9 KPH or MPH.

5. Distance

Accumulates total time from 00:00 up to 999.9. The user may preset target time by pressing SET & MODE button. Each increment is 0.1 KM or M when distance is over 100. It will automatically count down from the set targeting value during exercise.

6. Time

Accumulates total time from 00:00 up to 99:59. The user may preset target time by pressing SET & MODE button. Each increment is 1 minute. It will automatically count down from the set targeting value during exercise.

7. Calories

Accumulates calorie consumption during training from 0 to maximum 9999 calories. The user may also preset the target calories before training by pressing SET & MODE buttons. Each setting increase is 1 CALI till 1000. Each increment will be 10 cal when calories is over 1000. It will automatically count down from the set targeting value during exercise.

Note : This data is a rough guide which can not be used in medical treatment.

8. Odometer

Displays the total accumulated distance from 0.0 to 999.9. User also can press mode key to display the Odometer value.

9. Pulse

The monitor will display the user's heart rate in beats per minute during training.

10. Reset

Press the button and hold for 2 seconds to reset all value except Odometer to zero.

Note:

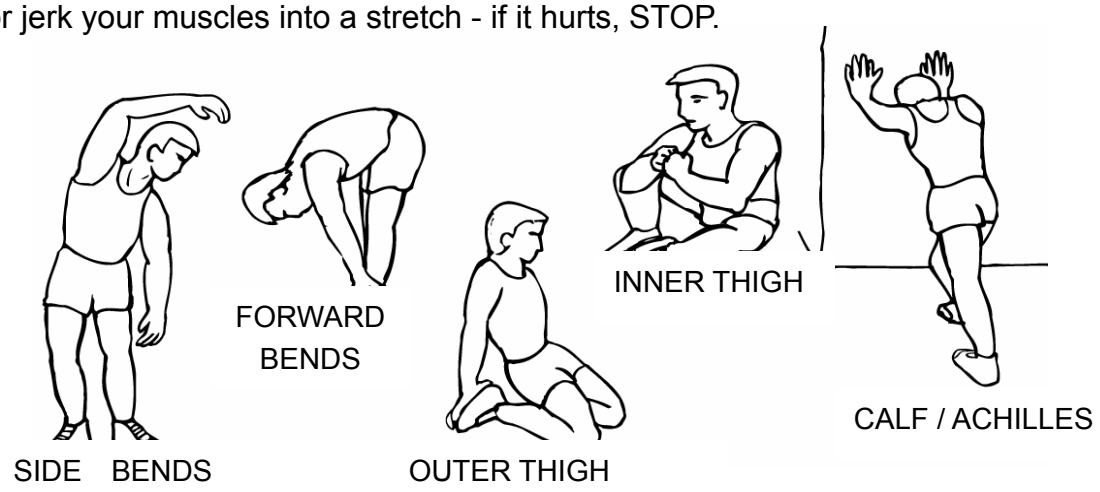
1. If the computer displays abnormally, please re-install the battery and try again.
2. Battery Spec: 1.5V AA (2PCS).
3. The batteries must be removed from the appliance before it is scrapped and that they are disposed of safely.

EXERCISE INSTRUCTIONS

Using your **MAGNETIC UPRIGHT** will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

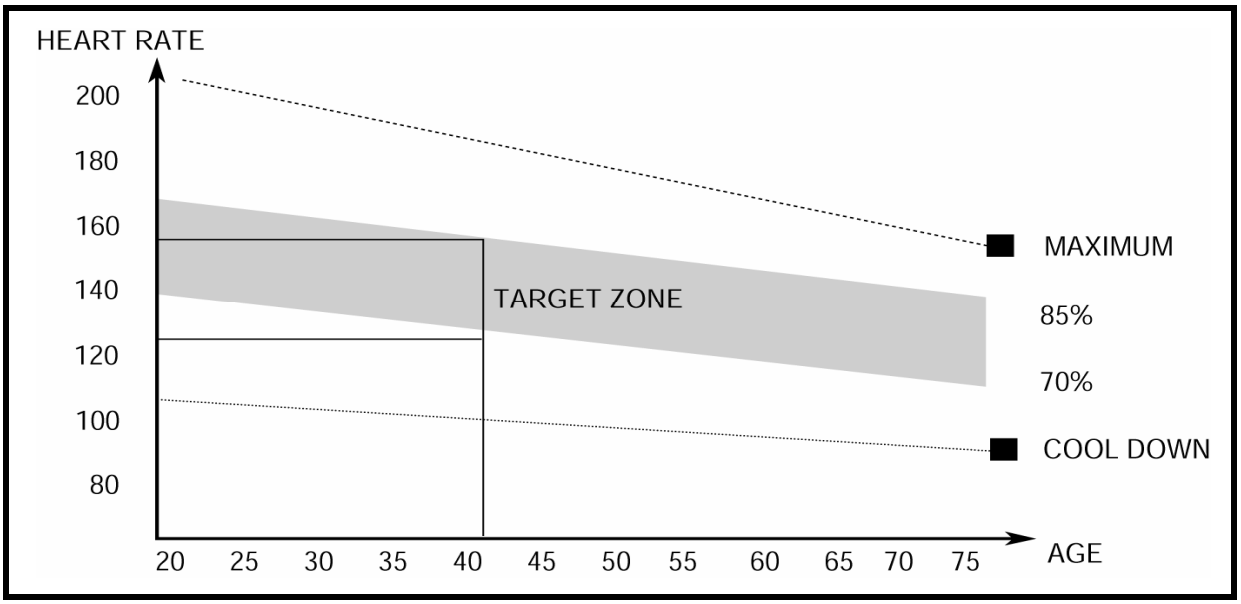
1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.
As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your **MAGNETIC UPRIGHT** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

Model No: AB170M

To register your warranty, please go to
www.gpisports.com.au

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